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Monday, February 5, 2007

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

39th Year — No. 5

## Conestoga student makes his film debut

By ANGELO MAZZIOTTI

The North American dream. A phrase which is synonymous with opportunity, wealth, abundance, and especially happiness. Immigrants to Canada and the U.S. all come here in search of this illustrious yet elusive dream. The sad reality is, however, quite the contrary. That is what Conestoga College student Sayaf Kamran wants to portray in his debut film *Return*.

Kamran is a busy man these days. In addition to being a full-time police foundation student at Conestoga, he also started Chaman Film Productions, which is set to release the film.

Ever since he was young, Kamran has dreamed of being a movie star. Coming to this country in search of the North American dream gave him a story to tell. All he needed was a camera and a licence to shoot, which he received from Kitchener City Hall.

*Return* is about the mindset of an immigrant who comes to Canada with bright eyes and an empty wallet in search of all this country has to offer, only to be disappointed and disheartened when he finds out it is only an illusion.

Kamran plays a police officer named Ali, and his friend and colleague, Wais Hassan, plays Asad, the oldest son of an immigrant family that has been living in

Canada for two years. Soon after arrival in this country, Asad and his family realize as so many new Canadians do, that their quality of life has definitely not changed for the better. The little money he is making at work goes toward rent, food and other life necessities. After giving up all hope, and exhausting all other avenues, Asad decides to turn to the world of drug dealing. After a few months of dealing drugs all his money problems disappear but this leads to problems with family and friends. The loss of love in Asad's life makes him give up drug dealing, but is it too late for him?

*Return*, which will be released on the weekend of Feb. 9 at Woodside Cinemas in Scarborough, was shot in Kitchener and the surrounding area. After opening, the movie will be sent to Montreal, and will also be shown in California, Virginia and even in Germany. Kamran said he wants people to see his movie because he put so much of himself into it, and wants Canadians to understand part of the struggles that new Canadians go through.

"It means a lot to me," said Kamran. "I wanted to show people that it is hard and that the American dream is just a fantasy."

For more information on the film, go to the website. [www.chaman-film.com](http://www.chaman-film.com).



(Photo by Angelo Mazziotti)

Sayaf Kamran, a police foundations student and creator of Chaman Film Productions, filmed the movie *Return*, which will debut at Woodside Cinemas in Scarborough on Feb. 9. The movie is about an immigrant who finds out the North American dream is only a fantasy.

## CSI ready to negotiate with college

By BRANDON WALKER

Conestoga Students Inc. (CSI) is willing to meet with the college to discuss the relationship between the two groups and to negotiate terms for the Student Life Centre, the president of CSI says.

Matt Jackson sent an e-mail to the vice-president of student affairs for the college on Jan. 19, stating the conditions the college needs to satisfy in order for the meeting to occur.

"We outlined clearly that we want an agenda beforehand, we want the college's written position and we want to record the meeting. We'll meet as long as they agree to these stipulations," Jackson said.

The vice-president of student affairs said the college won't have any problems with the student union's terms. "CSI's stipulations are no different than what we discussed last March," Mike Dinning said.

The college planned on responding by the end of last week.

Jackson said he's remaining opti-

mistic and would like to resolve the agreements for the bar bistro, the retail space and the liquor licence in the next month. But, he feels it will take time to rebuild the relationship with the college. "The student union has had its eyes opened as to how the college views us and we've learned a lot about how to deal with them."

"We need to see a lot more respect and appreciation from the college for what we do," Jackson said. "The college has realized students will back us. I hope the role will go back to being progressive instead of adversarial, but I think the relationship will probably still be rocky for the next year or so, while the student union lets its wounds heal."

Dinning agreed the relationship will be rebuilt over time. "I think we'll take it one step at a time and try to build on each step," he said.

CSI has come to the conclusion some college oversight is inevitable. "But, that's something we're going to negotiate," Jackson said. "We might have to start a committee with staff and students on it (to run the bar bistro), but I don't know that we'd agree to the

college being able to shut us down with only 24 hours notice.

"I also don't think we'd agree to submit a list every semester of the events we plan on holding," Jackson said.

The college hasn't asked for a committee to run the bar bistro, Dinning said. "Some post-secondary institutions do that, but we haven't proposed it."

"We're expecting CSI to manage the pub and stay in touch with the college," Dinning said.

As for giving a list of events per semester, Dinning said CSI would only need to do that for events that might attract a large number of people. "If they plan on having a band or something, it'll draw more people, so we'd have to plan around that. But if it was just a regular night at the pub, what do we need to know?"

"Historically, CSI would book events and we'd ask for the time and date it would occur and a plan from them for security. But, we also need to know for our own security when we're having big events on campus."

Continued on Page 2

## College to hire supervisor

By ADAM HANNON

Conestoga College is about to get a bit safer.

Last Monday was the last day applications and resumes were being accepted for the position of supervisor of safety and security services. Conestoga has been without a head of security since the position was vacated by Robert Brown in June 2006.

"It will return us to our designated strength," said interim supervisor of safety and security services John Tribe, adding that security services has been short-staffed since Brown left.

He said college management needed time to evaluate the kind of person they need to hire, because the position is of high importance.

"(Head of security) is a key role in the management section of the college," said Tribe.

He said the security of the Doon campus has not been compromised in the absence of a head of security.

"There hasn't been anything that's fallen behind. We've actually been able to make some strides in some areas, (such as) management

strategies and methodologies," said Tribe.

Who gets the job will be decided by a hiring panel of three members of college management, one of whom will be from human resources.

"They will determine the suitability of applicants and make decisions on who they will interview," said Tribe.

The supervisor is responsible for the daily safety of all Conestoga campuses, as well as the hiring and work assignments of all safety and security staff.

The person helps the police or other involved groups with investigations by providing them with reports and other documents, and must be on call to respond to emergencies 24 hours a day, seven days a week.

In order to be considered for the position, an applicant needs a diploma in law and security/police foundations, or an equivalent program, basic certification in the Ontario Health and Safety Act, and practical experience in a related field.

The salary for this position starts at about \$61,000 per year.



## Now deep thoughts ...with Conestoga College

Random questions answered by random students

Who is your dream Valentine's Day date and why?



"I like my Valentine's dates like I like my coffee: tall, black and strong."

*Carlo Rodriguez,  
first-year mechanical  
engineering*

"Johnny Depp. He's a sexy beast!"

*Tabitha Mueller,  
first-year general arts and  
sciences, health option*



"Jack Daniels. He keeps me warm."

*Kyle Gallagher,  
first-year radio  
broadcasting*

"Ashton Kutcher because he's so chiseled."

*Jess Broadfoot,  
first-year general arts and  
sciences, health option*



"The golden boy, Tom Brady. He's a stud."

*Colin Schertzberg,  
first-year radio  
broadcasting*

"George W. Bush. I'd take him out for a nice date and then never call him again!"

*Cam Feil,  
first-year radio  
broadcasting*



Smile Conestoga, you could be our next respondent!

# Residence hiring new RAs for 2007-08

By KRISTIN GRIFFERTY

With the recent snowstorms and bad weather, the thought of spring is far from everyone's mind.

But at the Conestoga residence, things are starting to heat up with lots of activity going on.

On Jan. 25 applications were accepted for seven resident adviser positions for the 2007-08 school year.

RAs not only get a portion of their residence fee paid for, but they also gain valuable skills that can be put on a resume or work application.

Ryan Connell, manager and residence life co-ordinator, has been involved with residence for the past five years and said becoming an RA has many perks.

"It's a great way to expand your leadership skills," said Connell. "It is a big decision to make, but one that has many rewards."

Advisers not only have to apply, but must submit a resume and maintain a 65 per cent average before they are considered. Connell also asked applicants to submit three references.

Advisers receive a weekly cheque of \$130 which covers approximately half of their residence fees for the school year.

Each adviser is responsible for more than 70 students, which in turn, is a great way to make new friends.

Second- or third-year students are ideal, but first-year students can speak to Connell about applying.

In addition to looking for new advisers, Conestoga residence is working hard to upgrade

their facilities and the response couldn't be more positive.

On a recent tour of the building, Connell pointed out some of their new features that have been popular with students living in residence.

Proving that eBay is not just for Internet junkies, Connell has worked hard at obtaining items off the popular Internet bidding site in order to spruce up the building.

A new condom dispenser is a student favourite, as is the free

pinball machine which is set up in the new and improved games room.

Connell said students may remember the room simply as "the basement" but with a new paint job, games tables and working vending machines, it has become a popular hang out.

To further improve the building,

Connell has been busy trying to build a relationship with CSI in hopes that they would be willing to donate some of the leather couches that are now housed in the Sanctuary.

He said they are trying to gain a partnership and together make residence a more up-to-date place for students to live.

Future projects that Connell is working on include a work-out facility which would be free for students living in residence.

The equipment would be purchased completely from building revenue and would come at no extra cost to the students.



(Photo by Kristin Grifferty)

The current team of resident advisers at Conestoga, left to right, Mandy Winn, Andrew Ducker, Jacqui Reid, Magdalena Zoltowski, Ryan Beatti and Colin Heath. Missing from photo is Steve Rye.

## Office manager becomes interim GM

By BRANDON WALKER

Conestoga Students Inc.'s (CSI) office manager has been appointed interim general manager by the board, the president of CSI said.

Matt Jackson said Janie Renwick replaced Judy Dusick, who left the general manager role suddenly on Jan. 17.

He said he has no idea what Dusick is doing now.

"We worked out an internal human resources issue and she left," he said.

Jackson also said CSI plans on

bringing in a manager consultant to evaluate the operation and determine how CSI can do things better, but couldn't say when the evaluation will take place.

The general manager is responsible for "executing direction for the board. (He or she) puts the wheels in motion, budgeting, meeting legal and financial agreements, but the job description will change once the manager consultant evaluates what (CSI) does," Jackson said.

For CSI's next general manager, Jackson is looking for someone who understands the needs of stu-

dents. "They should also have a background in human resource, finance and budgeting. They need to understand that the board gives direction. But, it's hard to say what we'll be looking for beyond those traits."

Anyone can apply for CSI's general manager position, Jackson said, including members of the board, "but they'd have to resign as a board member. Anyone can apply."

CSI will put advertisements in the newspaper and hopes to have a new general manager before the middle of April.

## CSI and college remain optimistic

Continued from Page 1

Dinning said it wasn't about controlling what CSI does, but about planning college "security and any cleanup (the college) might have to do. It was really just security and maintenance," he said.

"In no way were we trying to stick our nose where it shouldn't be. In some regards, by getting a list in advance, we'd save them time letting us know every night they plan on holding a (large) event."

CSI won't try to change the proposed lease to allow the bar bistro to start serving alcohol whenever the law says other bars can, Jackson said.

"We're happy with noon. We don't want to push for more than that. The majority of colleges start serving at 11 a.m., but we feel serving alcohol before lunch isn't appropriate."

"But, we're expecting that there's going to be some give by both parties during negotiations; we've

been prepared for that the whole time," Jackson said.

The fact that Judy Dusick, the CSI's general manager, left the organization Jan. 17 shouldn't slow down negotiations with the college, he said.

Janie Renwick, the office manager, has been appointed interim general manager by the board.

"(CSI vice-president) Roxy (Stanciu) and I are quite comfortable moving these things forward," he said.



# Students lend a helping hand

*College volunteer and action team helps out at the food bank*

By JESSICA BLUMENTHAL

Twelve students involved with Conestoga's volunteer and action team helped sort out mounds of food Jan. 24 and 26 that was donated to the Food Bank of Waterloo Region during the Christmas food drives.

In 2005, the region collected approximately three million pounds of food and it would not have been sorted and distributed without volunteers. The 2006 total has not yet been released.

Jeremy Jeffery, a member of the volunteer and action team, said volunteering at the food bank is good exposure for students.

"Students can learn and experience what it's like giving to the community," said the second-year police foundations student.

He believes giving your time will not only help out the community but will help build your resume and life experience upon graduation.

"Volunteering gives you an edge with your resume, builds on your characters and helps to raise self-esteem."

Building a receptive and supporting relationship within the region is one of the benefits that comes out of volunteering, said Jeffery.

Rose Tanyi, volunteer co-ordinator for the food bank, said Conestoga has been a big help over the past year.

"The volunteers are awesome. They help the food bank stay open and make it what it is."

In 2005, 1,862 people provided 19,932 hours of work to the food bank. Out of those people, 50 or 60 people regularly volunteer at the food bank, said Tanyi.

"The volunteers are awesome. They help the food bank stay open and make it what it is."

*Rose Tanyi,  
volunteer co-ordinator  
for the food bank*

"It sounds like a lot of people but we always need more help."

The whole collecting, sorting and distribution process takes many man hours. The daily activities include weighing, driving, sorting, packing and then organizing the packed food to be sent out to the 66 member agencies.

Everyone who volunteers is recognized at a breakfast.

Tanyi wanted the students at Conestoga to know they're really appreciated and the food bank loves how they always step up to the plate and help.

Contact Tanyi at 519-743-1380, ext. 226 to volunteer at the food bank or go to CSI to get involved with Conestoga's volunteer and action team.



(Photo by Jessica Blumenthal)

Andreea Stefan, a first-year police foundations student, and Jeremy Jeffery, a second-year police foundations student, help sort donated food at the Food Bank of Waterloo Region. In 2005, approximately three million pounds of food was collected.

## Need some cash?

By ALEX MCNANNEY

The cost of post-secondary education doesn't come cheap.

But at Conestoga College you could get a financial break.

The Conestoga College Student Assistance Fund (CCSAF) bursary program is established every year with revenue generated from tuition fee increases, and helps some students with college costs.

It is currently available to students in selected programs who meet the bursary's requirements. These include being either a Canadian citizen, permanent resident of Canada or a protected person, and also meeting the residency requirements as defined by the Ontario Student Assistance Program (OSAP).

Other factors include your debt load, personal status, family size, where you live, the number of courses you're taking, expenses the resources you have to pay your bills.

All Conestoga students are eligible for the bursary, but different programs have different deadlines. Programs that start in September have an October deadline. Those with a Feb. 23 deadline are:

- \* Bartending (January 2007 start)
- \* General arts and science-English language studies (January 2007 start)
- \* General arts and science-health option (January 2007 start)

All other eligible programs that

started this semester have a deadline of March 23. Those include:

- \* Bachelor of applied technology-architecture: project and family management (year four)
- \* Bachelor of applied technology-integrated advanced manufacturing technologies (year three and four)
- \* Bachelor of applied technology-integrated telecommunications and computer TCY (year four)
- \* Business administration-marketing (co-op year three)
- \* Culinary skills-chef training
- \* General business
- \* Human resources management
- \* Mechanical engineering technology-design and analysis (year three)
- \* Mechanical engineering technology-robotics and automation (year three)
- \* Woodworking manufacturing management
- \* Woodworking technology (year three)
- \* Woodworking technology-architecture (year three)

All applications must be submitted to the financial aid office in the student client services building.

Students will be informed in writing whether they receive a bursary the week of April 23. Cheques will be available in the financial aid office starting May 25.

For more information or assistance, go to the financial aid office or call 519-748-5220, ext. 3704.

## RIM recruits Conestoga students

By BJ RICHMOND

Engineering students at Conestoga got a chance to take their first steps into the world of mobile communications.

Research In Motion (RIM) held a recruitment session in the Blue Room at the college on Jan. 24. The session gave graduating students from different engineering college programs an opportunity to learn what RIM had to offer in terms of potential jobs, internships and co-ops. About 150 students attended the 45-minute seminar, where they were given an introduction to RIM and the BlackBerry.

Rachel Hammel, a technical support supervisor for RIM, said the seminar is used to familiarize people with RIM and give them a brief history of the company. Hammel added the seminar is also a way to start recruiting potential applicants. "It's a way to find out what positions people are interested in and show them what we (RIM) have to offer."

Third-year materials and operations management students, Jelena Poluga and Rajna Rakanovic, were among those in attendance who listened to guest speakers from RIM discuss the career opportunities at the Waterloo-based company.

Poluga said she is applying to RIM for a co-op term for the spring. "I came (to the information session) to get information on

how I apply for my co-op."

Rakanovic added she is also inquiring about job possibilities with the well-known company. "It has a good reputation and it seems like a good opportunity to work for them."

Guest speakers who were at the seminar included Hammel, Tim Lang, product manager of manufacturing, and Rachel Lee, a campus recruiter for RIM. Video montages and handouts were also shown to the students to further promote the company and their BlackBerry product.

RIM is the leading designer, manufacturer and marketer of innovative wireless solutions for the worldwide mobile communications market. The company is currently hiring for all of their job positions, from technical support to marketing and from research and development to finance.

As the largest private co-op and internship employer in Canada, RIM employs more than 300 students every four months. During the seminar, Lee said, "colleges like Conestoga offer the next generation of technological designers and developers."

Hammel said RIM recruits students from a number of different schools including George Brown, Georgian and Seneca. She added RIM is always trying different ways to reach the students through the information session. "We're always trying different

things and changing things and moving things around to continue to revamp the seminar."

RIM is an international company which was founded in 1984. It has offices in North America, Europe and Asia Pacific. Lee said RIM offers opportunities for learning and career growth. "The possibilities with RIM are endless."

RIM technology provides seamless access to such time-sensitive information as e-mail, phone, text messaging, the Internet and Internet-based technologies. The technology also enables third party developers and manufacturers to enhance their products and services with wireless connectivity to data.

Lang went on to say RIM encourages innovative and creative thinking from its employees. "RIM allows you (the employee) to realize your full potential and inspires you to create solutions to the technology."

Students interested in applying for a co-op, internship or job at RIM can submit their profiles and resumes online at [www.rim.com](http://www.rim.com). Lee said due to the overwhelming amount of resumes RIM receives, she recommends students narrow their position choices to 10 when applying online.

Hammel said she was pleased with the turnout at the information session at Conestoga. "Any interest in RIM is great."



# Will the majority pick a minority?

As the U.S. election candidates begin campaigning for the 2008 presidency, two first-timers are making headlines.

Since the beginning of the presidency, the United States has never been run by a member of a minority. The upcoming election could be a first for women or African-Americans.

New York Senator Hillary Rodham Clinton and Illinois Senator Barack Obama have both declared they are entering the Democratic presidential race.

Clinton isn't the first woman and Obama isn't the first black person to run, but the chance of one of them winning, and thus a person of minority holding office, is better than it has ever been.

Clinton, wife of the oh-so scandalous former president Bill Clinton, seriously entered politics in 2000 when she ran for and won the Senate seat formerly held by Daniel Patrick Moynihan.

She has made it clear that she has no intention of losing the presidential election, telling the Boston Herald on Jan. 24, "I'm in to win and that's what I intend to do."

Women won the right to vote in the early 1920s. With her knowledge and history of the political system it isn't hard to see where her confidence comes from.

Obama's platform includes crime, defence, homeland security and immigration, although his main agenda is universal health care.

He was quoted on the Jan. 25 edition of Fox News as saying, "I am absolutely determined that by the end of the first term of the next president, we should have universal health care in this country."

In some ways the attention the media is giving Clinton is understandable. After all, women have been shunned and criticized for trying to enter the political arena for decades because it was thought that they were too kind-hearted and couldn't handle the ordeals of running a country.

However, African-Americans have been political forces for years, including prominent figures like the late Martin Luther King Jr. and Condoleezza Rice. So it's hard to believe that some Americans are having such a hard time digesting this news.

It is really quite alarming.

The United States prides itself on being "one nation under God ... with liberty and justice for all." So why, when people of two distinct minorities step up and invoke their right to liberty, does the camera freeze on them?

The '60s have been over for quite some time now. The days of the little housewife in the kitchen and racial segregation are over.

Progressive and forward thinking is the image the U.S. likes to portray. With these candidates, it is hoped that U.S. citizens will accept and consider the platforms of Clinton and Obama and continue to remain open-minded and forward thinking.

**"... why when people of two distinct minorities step up and invoke their right to liberty does the camera freeze on them?"**



Does the White House need a woman's touch?

## Spanking didn't harm me

"Meghan Laura Kreller, you smarten up or I'll give you a lickin'!"

I can't tell you how many times I heard that threat bellow from my dad's mouth growing up and, although sometimes it was an empty threat, most of the time he followed through on his word.

Was I abused as a child? No. Did I learn my lessons? I most certainly did.

In this day and age it is rare to find parents who spank their children, and even rarer to find parents who will openly admit to doing so. What used to be looked upon as an ordinary form of discipline is now looked upon as unnecessary and considered by many to be abuse.

Some say it causes emotional scarring and can be linked to different problems later in life for a child. I say it is not doing it that causes the problems. From my observations, kids who don't get



Meghan Kreller

*Opinion*

spanked turn into obnoxious adults who could use some discipline.

As a child I was spanked hard enough to leave my behind red for the better part of an afternoon. I'm no psychiatrist but I can confidently say that the whacks I took to my behind left as much emotional scarring as they did physical, none whatsoever.

By receiving punishment for my misbehaviours, I grew up with respect for my parents and other elders; maybe the respect I developed stemmed from fear, but it was respect nonetheless.

When kids aren't disciplined properly at home, they don't

develop that respect.

Children get used to receiving no true consequences for their actions and the "I can get away with anything" attitude follows them through life. Unfortunately for them, that attitude only gets them so far.

Yes, as a child I feared my father. I loved and respected him but I knew not to push his buttons. Nowadays children are not supposed to fear parents; but are parents really supposed to fear their kids?

Kids are informed of their rights at a young age, and parents know kids have more rights than ever. With the threat of having their children taken away, parents fear raising their voices let alone raising their hands.

Don't misread my message. I do not support child abuse; I just truly believe a few simple smacks on the bum are not only an effective way to discipline, but let kids know who is boss.

### Letters are welcome



**Spoke** welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

**Spoke** reserves the right to edit any letter for publication.

Address correspondence to:  
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# Young Liberals on campus

By ANNELESE THOMPSON

This Wednesday will mark the beginning of a new and politically outspoken club at Conestoga College.

Andrew McCaughtrie, a second-year general business student, will govern the first meeting of the Conestoga College Young Liberals club on Feb. 7.

McCaughtrie, who was involved with the Liberal party during the past election, says the club is open to anyone, and everyone is welcome.

"You don't have to be a member of the party to come out; you don't even necessarily need to be Liberal — although you might not like it as much."

It is the club's goal to keep students up to speed with what's going on with the Liberal party.

"We really hope to bring more awareness of the Liberal party to the people at a grassroots level," said McCaughtrie. "What people don't realize is that a lot of policy is made through clubs like this one,

and with this club we will be able to take our ideas to policy conventions and see our ideas develop into national and provincial policy of the party."

**"We really hope to bring more awareness of the Liberal party."**

*Andrew McCaughtrie,  
second-year general business  
student*

Once the club is underway McCaughtrie hopes to get involved in several political activities.

"We hope to have debates on topics that are popular in parliament or in the public at the time," he said. "Also, I'm planning on having special guests, such as local MPs and MPPs to speak on certain topics."

Members of the club will also be given opportunities to express their

political views outside of the college.

"We'll also be able to send delegates to conferences and conventions such as the leadership one that was held this past December," he said.

Interested students can attend the first meeting on Wednesday. It will be held at 3 p.m., in group room one (which is located in the new Student Life Centre), where an informal meet and greet will take place.

Also on the agenda will be where and when the club will meet in the future.

McCaughtrie encourages any interested or curious students to come out to the first meeting.

"Although we're partisan, this club is open to anyone, and it's really where the party gets to connect with people and how they learn what the public wants," he said.

Any interested students who are unable to attend Wednesday's meeting can still sign up by e-mailing the club at [youngliberalscc@gmail.com](mailto:youngliberalscc@gmail.com)



(Photo by Kristin Grifferty)

## Pinball wizard!

Ryan Connell, manager and resident life co-ordinator, shows off the new pinball machine that is kept at residence and can be played for free.

# Public school students exposed to skilled trades

By AARON SCHWAB

More than 400 Grade 7 and 8 students from four regional school boards spent part of their day at Conestoga College on Jan. 24 learning about trade and apprenticeship options at the college.

Select students were brought in from 16 schools across K-W and Guelph to participate in trade and technology workshops, including activities in woodworking, electrical engineering, electronics, robotics, nursing, computer programming, early childhood education and civil engineering. The students who participated were selected by their teachers based on their interest in college-oriented career options.

**"We want them to have a little understanding of what college is like so that down the road in a couple of years when they are making decisions, they know what to expect from college."**

*Derek Ethier,  
manager of recruitment and  
development for the Ontario  
Youth Apprenticeship program*

"The idea is to bring them into the college, and give them a little bit of exposure to trades and technology," said Derek Ethier, manager of recruitment and development for the Ontario Youth Apprenticeship program. "We want them to have a little understanding of what college is like so

that down the road in a couple of years when they're making decisions, they know what to expect from college.

"It's about giving them options. Not necessarily recruiting them, but give them an idea of what to expect if they're looking at college."

Ethier said students have to make decisions about a career earlier on nowadays.

"They have to start thinking about it in Grade 8 and learn a little more about themselves quickly," he said. "It's competitive out there now; if you want good jobs and good pay and if you want respect out there in those careers, you've got to be prepared."

Ethier said the workshops are meant to prepare the students for high school programs.

"When they're preparing for high school, they're also preparing for college, and they have to make decisions; what courses they're going to take, what prerequisites are needed for college," he said. "We're trying to educate them a little bit earlier and give them the best options."

Ethier said feedback he has received from Grade 8 teachers has been largely positive.

"The teachers definitely reflect that information back to us, that this is a positive experience," he said. "The students get a lot of interesting information here, and they understand it now."

"They don't have any idea what a college is like, or what a college campus looks like, or about college life; we're also putting them in those areas so they say 'Wow, if this is what I'm going to do after high school, I better make some preparations in high school so I can be the best in those programs.'"

Ethier said the trades and tech-

nology workshops help students, whether the students liked or disliked the impression they get of college life.

**"It just kind of confirms it when they participate in things like this, to see that their destination is college after they go to the college and try out one of the workshops."**

*Silvana Hoxha,  
Grade 8 teacher and guidance  
contact at Silverheights  
Public School*

"Either way, it helps," he said. "If we've made a positive influence, fantastic; but if they now realize that college isn't for them, that's still an educational piece, too."

"They can then decide if university or apprenticeship is more for them."

Silvana Hoxha, a Grade 8 teacher and guidance contact at Silverheights Public School in Cambridge, said the trades and technology day at the college is a huge influence on a student's Grade 9 course selection.

"The students really get an idea of the courses they want to take in high school," she said. "It just kind of confirms it when they participate in things like this, to see that their destination is college after they come to the college and try out one of the workshops."

"Their course selection forms for high school are due in a couple of weeks, so this is a perfect opportunity for them; it really reassures them that they're making the right choice."

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# Variety of choice for volunteers

By AMY MEADOWS

A second-year Conestoga College student who volunteers for the K-W senior's day program said there is a need for more student volunteers.

"This program relies heavily on volunteers," said Pam St. Denis. "We don't have many students at all."

K-W senior's day program was one of around 30 organizations with stands at the volunteer action centre at Conestoga Mall, Jan. 27.

Some of the organizations in attendance included Habitat for Humanity, Ray of Hope, HopeSpring cancer support centre, Planned Parenthood and the K-W sexual assault support centre.

The volunteer fair, which was a chance for people to gain new skills, meet new people and learn about opportunities to serve others in the K-W area, included listings for more than 450 volunteer positions.

St. Denis, a social services student, said volunteering is a lot of fun, especially for the senior's day program.

"It really gets you out there to experience things," she said. "It is very hands-on and involves a lot of interaction."

For those students who are wary of volunteering for such an organization St. Denis had some words of encouragement.

"I thought I wouldn't be able to do it," she said.

"The clients are so accepting though, and if you aren't there for a couple of weeks, they notice and they miss you."

The seniors day program is based on Franklin Street in Kitchener and aims to reduce isolation and loneliness and promotes socializing and enjoyment.

As a volunteer there, a typical day would include getting involved with arts and crafts, games and music.

St. Denis said students need not worry about fitting in such volunteer work around busy schedules as the organization is very flexible.

Also at the fair was Our Place family resource and early years centre, another organization that, according to volunteer Teresa Wikkerink, is always looking for student help.

"We have had some Conestoga early childhood education students," said Wikkerink. "But, we are always looking for students."

The centre, based on Gatewood Road in Kitchener, offers information on a child's development for parents and caregivers of children up to six years of age. It gives parents the opportunity to participate in parenting groups while their children take part in programs provided by the centre.

Wikkerink said the volunteering opportunities include the obvious child-care activities but also the less obvious office workers, fundraisers and many other "behind-the-scenes" opportunities.

"We like to match the volunteer to the position to make them feel more comfortable," she said. "We are also very flexible for students, we open five days a week, two evenings during the week and Saturday mornings."

Many of the volunteers said with



(Photo by Amy Meadows)

Approximately 30 organizations set up stands at Conestoga Mall, Jan. 27. The volunteer fair promoted and explained ways to get involved in the K-W area. It included 450 volunteer position listings.

more men, women and children needing help from such non-profit organizations, it is really straining their already limited resources.

For more information on volunteering contact:

- K-W seniors day program  
519-893-1609 or visit [www.kwseniorsdayprogram.ca](http://www.kwseniorsdayprogram.ca)
- Ontario early years  
519-571-1626 or visit [www.ourplacekw.ca](http://www.ourplacekw.ca)
- Kitchener-Waterloo sexual assault support centre  
519-571-0121 or visit [www.kwsasc.org](http://www.kwsasc.org)

## Co-ops beneficial?

By JENN CURTIS

College prepares you for the real world and helps you find a job in the field that you want. But can students really find employment right out of school?

Wendy Trejo graduated from Mohawk College for Business Insurance in April 2006 and just recently found a job in her field.

"I've been working at Zellers and Sears until I could find a real job," she said. "But it was hard to find a company that would hire me straight out of college with no job experience."

Trejo was in a two-year program that did not have a co-op work term, so when she graduated from college she was only 20 years old.

"The very first interview I had the lady told me that I was too young and immature and that I should have taken a year off after high school," Trejo said. "I think a co-op term would have helped me a lot."

With the new high school curriculum students are graduating and going on to post-secondary education when they are 17 or 18, and graduating from college and university very early.

"I know I wasn't ready to get a real 9-5 job and settle down right out of college," said Trejo.

Darice Kucman of Guelph, used to work at Toyota. However, an injury forced her to go back to school to prepare for an office job. She graduated from the business management program at Conestoga College in April 2006 and has yet to find a job in her field.

"I was sick for a while and just started looking for a job a few months ago," Kucman said.

"It's frustrating when you put all this time and money into getting a diploma, and then you can't find a job without having work experience," she said. "It seems like the old saying is true; it's not what you know, it's who you know."

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## Networking: The best secret to your success

By VANESSA BUTLER

Most students and even seasoned careerists would agree, networking is as simple as shaking hands and exchanging business cards. If only it were that easy.

Dr. Ivan Misner, CEO of the world's largest networking firm, Business Network International (BNI), and a business professor at Cal Poy University in California, recently completed a study that shows the majority of businesspeople say that networking is the single biggest contributor to their success, but most had never heard the word networking mentioned in their college or university courses.

In a study of 1,400 business professionals, Misner reports 88 per cent of them had never taken a course that even marginally covered the topic of networking. Yet, based on another survey of more than 2,500 businesspeople from around the world, 75 per cent of them said they got most of their business through networking.

"Networking is the process of connecting with people, building relationships with those individuals," said Misner. "In order to get the most out of networking, you have to play."

Misner said there is a big misconception about how to be a successful networker. "A good networker has two ears and one mouth, and knows how to use both," he said. "Extroverts are good at the first part, meeting people, introducing themselves, but they're weak when it comes to listening," he said. "Introverts are willing to listen, ask questions, these are key skills you need to exercise when networking."

Misner said we are living in a high-tech, high-touch society. "Advancements in technology have led to a greater need for people to connect with each other, to generate business for one another, this, in turn, impacts the economy of an area."

Networking, also referred to by Misner as word-of-mouth marketing, is one of the most important ways entrepreneurs build their businesses.

He said people run into trouble

networking, when they try to sell themselves. Asking for something and trying to impress the person should also be avoided.

"Networking is a contact sport," said Misner. "A person has to build strong relationships, be visible in the community, establish credibility by helping others, and then that person will begin to see a profit."

When talking to people, it's best to talk about a particular area that the person specializes in. "This way," said Misner, "people will remember you better, specific is better."

Misner said networking is about farming, not hunting. Much like cultivating crops, networking is about cultivating relationships. "This process takes time, it's not a get-rich quick scheme, it's huge, and ongoing," he said. "In the end, you will yield a bigger and better return. It's not about hunting," said Misner. "It's about getting to know people." He said the let's do business, I'll eat what I killed today attitude, doesn't work.

"Networking is about establishing yourself as a credible source, it is possible to have an unlimited number of referrals," said Misner. "Do a favour for me? Would they put their reputation on the line for me?"

Misner said in order to grow the roots of your network deep, you need to follow these easy steps. First, build quality relationships, take time to deepen relationships with referral sources and help them pursue their personal goals. Network in new places. Look for new areas to find partners with common interests, such as charitable organizations. Let the relationship mature. And lastly, focus on others. Instead of a "What's in it for me?" mindset, ask yourself, "What can I do for this person?" Always look for ways to bring business and benefits to others. Make yourself known as the person who always has something for others.

This is a powerful way to both deepen and broaden your network.

For more information on Dr. Ivan Misner or Business Network International, visit [www.bni.com](http://www.bni.com).



(Internet photo)

Dr. Ivan Misner, CEO of Business Network International.

## Designer's Gothic clothing strange but in demand

*"I have clientele that would ... surprise you"*

By CARA LICHTY

Over the past decade entrepreneurial companies have been popping up all over the place. They are often shown in movies or promoted on TV as, "a great way to make a living."

The idea of owning your business and being your own boss is definitely a tempting one and has probably piqued everyone's interest at one time or another.

However, when thinking about starting your own company there are many factors to think about including money, time, advertising and perhaps most of all, the risk of failure.

Kerri Mercer, owner of a clothing line called, Black Orchid Designs, did not let the possibility of disappointment stop her from doing

what she loves.

The Kitchener Company specializes in Gothic wear with everything from leather corsets to faux dreadlocks to torture masks.



A Black Orchid design.

when she had a hard time finding a Gothic style she could afford on her budget and that came in larger sizes.

By August 2004 Kerri, with the support of friends and family, decided to open up shop and start selling her creations for a living.

"Although some might find my pieces strange, there is such a high demand for them!" said Mercer. "I

have clientele that would definitely surprise you"

Mercer said because her items are so one-of-a-kind she thinks people are drawn to them because they like feeling different themselves, whether it's everyday or just on the weekends. The business is located out of her house, so she prefers to sell on eBay and from her website [www.blackorchiddesigns.ca](http://www.blackorchiddesigns.ca).


What is inspiring about Mercer is that she's never attended a post-secondary school and has never taken courses on owning your own business. She simply had a love for what she does and took a chance.

"When you own your own company you have to put everything you've got into it," said Mercer. "If you don't have passion for what you do nobody else will either. I'm only going up from here."

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## Bronchitis more serious than it appears

By JENN SPRACH

Approximately four to six per cent of adults have acute exacerbations of chronic obstruction pulmonary disease (AE-COPD), says a director of microbiology.

AE-COPD is the most serious form of chronic bronchitis, which is a lower respiratory tract infection, said Dr. Ross Davidson, of Queen Elizabeth II Health Centres in Halifax.

There are estimates that chronic kinds of bronchitis are responsible for four per cent of all deaths and are linked to another four per cent of deaths.

"Symptoms associated with AE-COPD are increased sputum volume, increased sputum purulence (phlegm), and increased shortness in breath."

Although symptoms can happen year round they appear most often in the winter months.

If an individual has reoccurring symptoms and has four or more exacerbations (irritations) a year it could be a sign of AE-COPD, he said.

This form of bronchitis does not go away, although there may be no symptoms.

Men are affected more than women, he said, adding that smokers increase their risks of developing AE-COPD by 80-90 per cent.

"Passive or second-hand smoke may also be a contributing factor, as is ambient air pollution."

If smokers continue their habit they run the risk of their lung function declining, which may eventually lead to the need for lifelong oxygen.

There are treatment options including bronchodilators (inhalers), antibiotics, steroids and oxygen therapy, but there is currently no vaccine.

"Although, I am quite excited about a new brand of antibiotic called Factive," said Davidson, adding a single dose a day is taken for five days and has proven to be effective and safe.

Those suffering with any kind of chronic bronchitis should get their annual influenza vaccine.

The best preventative measure is to quit smoking or to never start.

For more information on AE-COPD, talk to your doctor, pharmacist or go to the Lung Association website [www.lung.ca](http://www.lung.ca)

## Aid to developing world, must be cash, not food

By JON MOLSON

An associate professor at the University of Waterloo thinks cash aid is the most effective and least costly method for feeding people living in the developing world.

Jennifer Clapp addressed a large crowd who attended her lecture, The Politics of Food Aid, at the Centre for International Governance Innovation (CIGI) in Waterloo on Jan. 24.

"If the policy objective is to feed hungry people in the world then we need one policy tool that actually gets us there without trying to meet all these other objectives," she said. "If we dilute that one objective which is to feed hungry people we're going to result in all sorts of inefficiencies and problems. If you want to feed more of those 850 million people in the world who are going hungry everyday, reforming food aid might be a good step in the right direction."

The United States founded in-kind food aid in 1954 and has been the largest donor since. In-kind food aid is when food is purchased or donated and then delivered to a developing state. The overall concept of this

initiative has always been used as a tool of international development and humanitarian assistance by wealthy countries as a means of sharing the abundance of food with those in need in the developing world. In-kind food aid projects reach about 200 million people throughout the world.

Clapp is the chair of international governance at CIGI. Her areas of expertise include trade and the environment, agricultural biotechnology and implications for developing countries. She has been studying the issue of food aid for the past 10 years.

Clapp said in-kind food aid creates a danger of distorting markets in both a local and global context.

"The first thing that is perhaps the most important to point out is that food aid is what we call pro-cyclical, in other words it goes with the cycle of grain harvests and prices. So in a time of plentiful food and low prices that's when the most food aid is actually donated to developing countries and that's not necessary the time when developing countries most need food aid," she said. "Developing countries most need food aid when food stocks are low and prices are high because they're having difficulty sourcing it and that is when they have to go buy it. This pro-cycle nature of food aid is highly problematic because you could be flooding developing country markets with cheap food exactly when they don't need it and starving them of that food exactly when they do need it, so this is a huge problem."

She said another problem is the time it takes for food shipments to reach the receiver.

"Usually requests are made in a hunger period before harvest when they need the food, but often times food aid actually arrives five months later, which is often at harvest time right around when local food production is reaching the market," Clapp said. "And so again you have

serious problems if you have food aid coming in, which is either free or very cheap, flooding local markets right at the time when local farmers are coming out with their own food and it is going to depress prices locally and discourage farmers from farming."

Clapp said often times the food is there, but people can't afford to purchase it. She believes a cash-based food aid system would help solve this problem. It could also reach the areas in need more quickly and avoid problems in fluctuation of the total amount given.

In the 1990s, the European Union implemented an entirely cash-based food aid practice and in recent years Canada and Australia have reformed their food aid policies to a similar nature. However, the U.S. has been reluctant to adopt this type of system.

Clapp said there is a lot of pressure on Congress by shipping and grain lobbyists to keep the status quo intact for American food aid policies.

"The U.S. is an interesting case because its food aid must be sourced from the U.S. it is fully tied to U.S. production. If it is processed, it has to be processed on U.S. soil by U.S. processors and if it is shipped to the developing country, it has to be shipped on the ship which is carrying the U.S. flag," she said. "So what does this mean? It means that the price goes way up because the costs of the processing and sourcing as well as shipping. Some of the statistics show 60 per cent of the cost of U.S. food aid is actually spent in the U.S. It goes back to the U.S., so this is again helping others by helping yourself, only helping yourself a little bit more."

There is a current proposal at the World Trade Organization that would result in all donor countries adopting a cash-based system by 2013. This proposal is currently being tabled.

## Conestoga's Clothesline Project Celebrating Healthy Relationships

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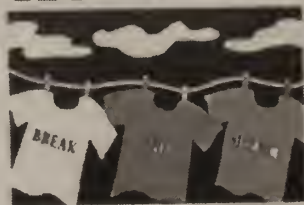
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# Working Centre helping to end 'cycle of decay'

By TARA RICKER

The first step is acknowledging the problem; the next step is doing something about it. Not everyone has the drive or motivation to step up to the plate when a problem is presented, but those who do often make a big difference.

Joe and Stephanie Mancini, a married couple who graduated from St. Jerome's College at the University of Waterloo, have been responding to the ongoing unemployment and poverty in downtown Kitchener for almost 25 years.

The couple saw the potential for building a community of interest around the issues facing downtown Kitchener and engaged in creative action. This was done by creating what today is known as The Working Centre.

"The Working Centre has had such great success over the years thanks to the evolution of spirit the community has given it," said Joe Mancini, founder of the centre.

The Working Centre is a non-profit, community-based, volunteer-inspired venture that seeks to give individuals and groups access to tools and opportunities to become involved in the building of community projects in Kitchener-Waterloo and surrounding areas.

"Communities take shape through individuals who engage in projects which enhance their com-

munity," said Mancini.

Everyone in Kitchener and Waterloo has an opinion about downtown Kitchener, he said. Over the past 30 years the community has watched shopping malls, entertainment, schools and power centres establish themselves out of the Kitchener core. When established retail businesses started leaving, many buildings were either empty or partially used. Building owners chose to let their buildings decay rather than face major renovation costs that would make their second and third spaces rentable.

"The cycle of decay seems to have peaked in the mid-1990s and only slowly have new approaches been developed," he said. "These changes can be seen in the university campuses, lofts and condominiums that are being established."

The centre's main projects give people access to create their own work combined with continuous ways of learning and co-operating. The Working Centre organizes its projects into six areas; the Job Search Resource Centre, St. John's Kitchen, Community Tools, Access to Technology, Affordable Supportive Housing and the Waterloo School for Community Development.

"Our goal is to help those in the community who seek assistance

get back on track and work towards a promising future," said Margaret O'Sheabonner, volunteer co-ordinator at the centre.

The Working Centre's Community Tools projects combine work experience, skill building, recycled materials and opportunities to positively contribute to the community.

One of the many projects includes Queen Street Commons, which is home to a volunteer-run café. The café, located at 43 Queen St. in Kitchener, provides casual labour and training opportunities for people who are not able to participate in the regular labour force. Besides finding volunteers to serve up items from its all-natural vegetarian menu, the café has also employed about 178 individuals to sweep streets, shovel snow, wash windows and clean up apartments around the community.

Another Community Tools project located in the Queen Street Commons is Recycle Cycles. It is a bicycle resource centre which provides inexpensive, reconditioned bicycles for children and adults and facilities for individuals to repair their own bikes. Volunteers have the opportunity to learn about bike repair by helping to fix bikes donated to the centre.

In 2006, more than 200 bikes had

been worked on in the shop and 80 were repaired, sold or donated to members in the community.

"I am increasingly struck by the nature of The Working Centre community where the work each day is concerned with creating places where people can meaningfully contribute through mutual aid and acts of preservation," said Mancini.

The Working Centre has become a social architecture of support that links the many who are not able to participate in the regular labour market with opportunities to participate in projects that help others live with less money, that support skills building through informal learning, that provide small earnings potential, that support acts of restoration in multiple environments and that enable the helping of others in countless ways, he said.

"We represent vital projects in the downtown that support over 500 individuals daily," said Mancini. "The projects of the centre and St. John's Kitchen provide innovative supports that create a spirit of neighbours looking after each other."

These projects and the ideas behind them continue to grow. Since its foundation in 1982, the centre has supported grassroots, cooperative, self-directed, skill-based learning.

"It is a school where people gain

competencies in word-processing, resume writing, job hunting, computer repair, sewing, cooking, gardening, papermaking, retailing, construction, renovation, bicycle repair and other skills."

About 210 people visit The Working Centre on a daily basis and 2,400 individuals used the centre's job search services in 2006, resulting in more than 52,000 total annual visits. The centre relies on contributions from the community to make this creative work possible.

"This work of community, from serving meals, to providing housing, to recycling bikes is primarily supported by volunteers and financial donations," he said.

Almost 40 per cent of the centre's funds come from generous donations of individuals, groups, service clubs, events, businesses, churches and schools.

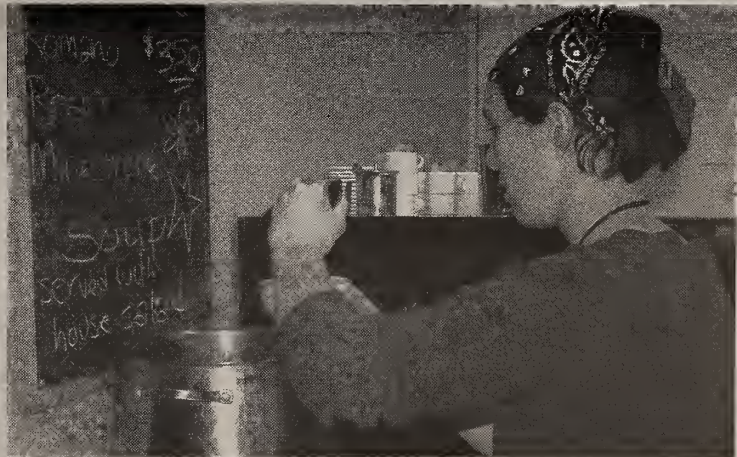
Without the community's support the centre would not continue to witness the growth of new initiatives and projects that amplify the spirit of restoration in the downtown.

"We provide the buildings, leaders who act like servants, the actual tools to make the projects function, a knowledge base of community development and design, and above all, a commitment to support individuals through their stories and pain," said Mancini.



(Photos by Tara Ricker)

Connie Watson is one of the many volunteers at Recycle Cycles, located in the Queen Street Commons, at 84 Queen St. S. in Kitchener, who reconditions bikes for members of the K-W community. The Recycle Cycles logo continues to encourage all those who enter the shop to "keep on cycling." It's this simple but effective message that regularly brings energetic volunteers into the shop to get their hands dirty and help make Recycle Cycles an effective community tool.



(Photo by Tara Ricker)

Ruth Plett is the manager of Queen Street Common Cafe. The cafe provides volunteers with casual labour and training opportunities.



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# Valentine's Day means more than romance



(Photo by Sarah Jaynes)

Michelle Kaufman reveals some of Valentine's Day's hottest sellers for 2007. The most popular choice? "Everybody is looking for teddy bears," she said.

By SARAH JAYNES

Valentine's Day is a day to appreciate and spend time with the one you love, go for dinner, share a romantic moment or just send a flower to a crush. Some people look forward to Valentine's Day for months before it approaches and start to plan that perfect moment with their spouse.

Truth be told, Valentine's Day doesn't only affect people emotionally. Everyone is affected in different ways, whether it is at work or school.

"The thought of Valentine's Day means busy, busy, busy," says Michelle Kaufman, a Wilfrid Laurier student who works at a local card store.

Kaufman says the store is covered in pink and red as soon as Christmas ends.

"There are hearts everywhere, cards, chocolates, stuffed animals, you name it, we sell it."

Kaufman is not the only one who can honestly say that Valentine's Day means more than romance.

Cheryl Carter, a local mail carrier, says her route consists of many pink envelopes and packages around the week of Feb. 14.

"I would say that Valentine's is almost as busy as Christmas, everyone is mailing Valentine's Day greetings to their loved ones," says Carter.

She added once Valentine's Day finally arrives, all she can think about is pink envelopes and packages with hearts.

"It's almost like I don't want my own little gift or card."

When thinking back to your first Valentine's Day memory it would probably be visions of little Valentine's cards decorated with your favourite cartoon character.

Seven-year-old Emily Westman can hardly wait for her Valentine's box to be filled with cards and candy.

"I like writing on my Valentine's Day cards and giving them to my friends," she says.

Emily's teacher, Ruth Salewanchuk says Valentine's Day means that she can decorate the classroom with cupids and hearts for her students.

"Valentine's Day is fun because the kids and I always cut out red and pink hearts and hang them on the walls."

For restaurant owners, Valentine's Day isn't as cute as cutting out hearts or cupids.

"Valentine's Day means money," says Keith Mitchell, the owner of a catering company and restaurant in Toronto.

"Feb. 14 is the busiest and most important day of the year for couples who want to wine and dine, which is every couple," says Mitchell who added, if you haven't made a reservation at least two weeks in advance, you are out of luck because it is impossible to get a table.

"Every guy wants to take his lucky lady out for dinner, so he better make plans in late January if he wants to impress her with anything fancier than McDonald's," says Mitchell.

## Chocoholics rejoice at Reid's

By JESSICA BLUMENTHAL

What is sweet, satisfying and weighs almost 4,000 pounds?

It's the amount of fresh, home-made chocolate that Reid Candy and Nut Shop makes for Valentine's Day.

Brenda Kemp, a Reid's employee, said the 59-year-old business is a great place for men who are looking for something special for their sweetheart and loved ones but don't know what to get.

The store is filled with chocolates in brightly decorated boxes and baskets, and also has fondue accessories and a plethora of other gifts for sale.

There are products for every budget from small heart suckers (90 cents) and small assorted heart boxes (\$4.50) to baskets costing \$35 to \$100. The chocolate shop also sells assorted organ-pleated heart boxes that cost \$43.95.

Kemp said Reid's prices are equal and fair to what you would pay at any other store.

Some of their delicious chocolates include peanut butter supreme, butterscotch chew, vanilla caramel, mint meltaway, choco-

late fudge and their famous tortoise, which has pecans and caramel wrapped in milk or dark chocolate. All of their goodies are made using fresh ingredients including fresh cream and raw sugar.

Hopeless romantics can get engagement rings set inside hollow chocolates that are then wrapped inside an assorted heart-shaped box.

"We've never heard of any negative responses when men propose that way," said Kemp.

Valentine's Day, like Christmas, is a holiday where men leave their shopping until the last minute. The last three days are the busiest and the store strives to remain fully stocked said Kemp.

After the chocolates are unwrapped, leftover chocolate should be tightly double bagged and put in the freezer to maintain its taste and smell, she said. When you're ready to indulge take it out and let it thaw.

The store is located in downtown Cambridge at 42 Ainslie St. N. For more information or to order online [www.reidcandyandnutshop.com](http://www.reidcandyandnutshop.com).



(Photo by Jessica Blumenthal)

Brenda Kemp, an employee at Reid Candy and Nut Shop, said the store prides itself on its homemade chocolates. They have many gifts for Valentine's Day ranging from 90 cents to \$100. Reid's, located at 42 Ainslie St. N. in Cambridge, has been a popular choice for Valentine's Day enthusiasts for more than 35 years.



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12 <sup>TH</sup>	STRANGER THEN FICTION	11:30 AM
19 <sup>TH</sup>	CASINO ROYALE	11:30 AM

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WITH **STAN**

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 February 8th, in the Sanctuary @ noon



# Is a rose really just a rose?

By BECKY SHARPE

Every Valentine's Day people dash out to local flower shops to pay top prices for roses.

Lisa Mason, a florist at Holton Flowers in Port Hope, said people can expect to pay \$1 or \$2 more for a single rose, and a whole lot more for a bouquet.

"When someone asks for a single rose on Valentine's they may only pay up to \$5," she said. "When you ask for a dozen red roses you'll likely pay between \$30 and \$50 instead of \$20."

Mason said the reason prices are higher is due to what's called a flower auction.

"A flower auction is when a floral shop owner will go to a flower market and bid on bundles of roses," she said. "Like all auctions the highest bidder wins and that shop owner needs to make a profit."

After splurging on the flowers, it is important to keep them alive for as long as possible.

The most common complaint with roses is that the heads drop off after a few days.

This has nothing to do with the quality of the rose, but rather, how

you store them, said Mason.

"After removing the roses from the wrapping you'll usually have a packet of flower food. Pour the food into a vase, half full with lukewarm water," she said. "Fill your sink with lukewarm water and submerge each rose bottom into the water while cutting about two inches off."

Always cut roses on an angle so the veins don't close up right away, said Mason. "When you remove the rose from the water try not to shake it. You'll notice a water droplet on the end of the rose - keep it there so the air doesn't hit the veins," she said. "Place your rose into the vase; this should keep your flowers fresher longer."

According to [www.petals.com](http://www.petals.com) each colour has a significant meaning.

Red represents love and a deep red means bashful. Dark crimson is a sign of mourning, burgundy is unconscious love; white means innocence or purity, yellow stands for friendship and joy, pink is for perfect happiness, while orange stands for fascination. Peach is modesty, and lavender stands for love at first sight,



(Photo by Becky Sharpe)

A Port Hope woman at Holton Flowers takes a moment to stop and smell the roses. She is one of many customers who has decided to buy her roses early to avoid the price increase around Valentine's Day.

Styles of roses also have a meaning. Roses with no thorns also mean love at first sight, tea roses

stand for remembrance and a single rose at full bloom means to love forever more.

It is estimated each shop will sell approximately 2,500 roses this Valentine's Day, said Mason.

## At Valentine's, it's the thought that counts

SUMMER MCPHEE

As Valentine's Day approaches men are once again forced to make the decision to spend or not to spend. Do men need to purchase an expensive bracelet or dinner at a fancy restaurant to prove their worth or is taking out the garbage and writing a poem enough to prove how much you love someone?

Dain Jensen, a fourth-year bachelor of honours arts student at Carleton University, majoring in sociology with a minor in psychol-

ogy, said he feels women do in fact feel that it is the thought that counts when receiving a gift from someone they love.

"Successful, secure women do not need their relationship to someone validated through costly presents," said Jensen. "They see no correlation between degree of love and amount of money spent on Valentine's Day gifts."

He said girls, on the other hand, do not truly believe it is the thought that counts. "Insecure girls need material validation, and often

desire over-compensated efforts to make them feel special," he added. "These girls would truly feel more loved if given a diamond ring as opposed to a poetic card."

Maggie Barakatt, 20, of Kitchener, who has been in a relationship for one year, said most women these days are financially independent so men don't need to

flash their credit cards around.

"A man who comes up with a thoughtful gift, even if he has enough money to buy a pricey one, will always win with me," she said.

Graham Edward, 22, of Cambridge, who is single, said he feels women want a gift that is sentimental. "I do believe women think it's the thought that counts.

but they still want it to be an expensive thought," he said.

Tara Rowe, 46, of Cambridge, who has been married for 22 years, said women feel important when their husbands choose a gift suited to them. "However, I've been with my husband so long that I'm lucky if he even remembers to get me a gift," she said.



(Photo by Summer McPhee)

With many stores to choose from, couples and singles alike can browse endlessly for the perfect gift. Depending on your price range, shoppers can visit the aisles of Shopper's Drug Mart or peek at the cases in Raffis.

### COUNSELLOR'S CORNER: Eating Disorders

Did you know that one out of every hundred women might become anorexic? Estimates of the frequency of bulimia vary from five to twenty out of one hundred college-age women. Men also develop both disorders, but in much smaller numbers.

**Anorexia nervosa** is characterized by an all-consuming fear of "getting fat." There is an intense preoccupation with food, body size and sometimes compulsive exercising. Dieting can gradually lead to a loss exceeding 25% of original weight. Serious health issues such as cessation of menstruation, malnutrition and lowered heart rate occur. Some starve themselves to death.

**Bulimia** is a cycle of uncontrolled binge eating and purging through vomiting or the use of laxatives. This extremely debilitating pattern can, in more extreme cases, absorb nearly all of a person's time, energy and money, and lead to depression and isolation. Frequent vomiting can cause damage to the teeth, throat and esophagus. Kidney and cardiac problems are a danger.

An important first step in overcoming Eating Disorders is for the individual to acknowledge to herself and to a professional that a problem exists. Medical and psychological help is available in this community. Talk to a counsellor in Student Services or the nurse in the Health Services Office (Doon Campus only). One immediate benefit is the feeling of relief at no longer having to keep such an important part of one's life a secret.

**EATING DISORDERS AWARENESS WEEK** – February 5 – 9, 2007

Counselling Services is organizing display tables at Door #3 and E-Wing foyer for the week.

A Message from Counselling Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>



## More to hairstyling than scissors and dye

By CARA LICHTY

The world of hairstyling is definitely breaking down any stereotypes associated with the industry.

It is no longer thought of as an easy career path, as stylists are getting more technical and the hairstyles more interesting all the time. This week all entries for the North American Hairstyling Competition must be in and salons are frantic.

Hundreds of competitors enter various categories, including hairstylist and hair colourist of the year.

"More and more people enter every year," said Lina Shamoun, 22, of Deeva Hair Salon, who is entering for the North American hair colourist of the year.

"Hairstyling is always growing. People don't realize it but there is so much work involved in these competitions," she said. "But what I love is how many people can enter regardless of whether or not they've been doing this for years or just starting out."

Hairstylists must pick different models to work on, making up not only their hair and faces but finding the right outfits that work with the style.

Shamoun says going into this industry is a great choice for young people who really want a dynamic career.

"If you like to have the chance to compete for what you love, get a chance to travel and be as creative as you want, hairstyling is definitely a good way to go," said Shamoun. "It has so many awesome qualities all linked to one

powerhouse of an industry."

Sarah Bartmen, a model for Dee Fortier, the owner of Deeva, said she loves being a part of the madness.

"I love seeing the imagination that goes into what these people do, it's amazing," she said. "I never mind helping out with these competitions, it's so much fun and everyone works really well together. It's definitely a team effort."

The finalists of the competition get the opportunity to go to Vegas for the final competition, which definitely is motivation for being the best of the best.

When Fortier was asked how she'd feel about winning hairstylist of the year she said it would feel great.

"I would love to win of course, not only that, but it's Vegas!"

All costs to enter come right out of the pocket of the competitors, and there's no cash prize. However, being crowned the greatest is reward enough.

So hairstyling can no longer be pegged as a one-dimensional occupation. Instead it's a great way to network, have fun and gain great experiences. Not only that but hairstylist singlehandedly keep our society looking their best. Who could live without "their" stylist?

Shamoun said she is looking forward to seeing how everything turns out and is already thinking about next year.

"People shouldn't underestimate this industry, it's more powerful than you can imagine. It's rare to find a person who doesn't care about their hair."

## Buddhist beliefs applicable to everyone

By ROSS ALDWORTH

Zen is a form of Buddhism that places great importance on moment-by-moment awareness.

Life could use some zen.

Life, at least the kind we're obliged to lead, imposes tunnel vision on us.

We see our goal, vague or defined, the same way a bullet sees its target from within the gun.

We take careful aim and we try to get there the same way a bullet does - fast. Bloody fast.

However, a monumental yet barely acknowledged amount of living screams past us in the fire and noise of the journey from the narrow focused planning of the chamber and our ultimate fate as we slam into our target or miss by a mile.

So slow things down and observe

the in-flight entertainment.

Consider what it all really means.

Graciously accept thanks for the cookie cutters you sold at your crappy, means-to-an-end retail job.

They probably made some kid smile.

Relish the sting of the cold as you dig your car out of the driveway.

It means you're alive, and you have a car, and you have somewhere to go.

Enjoy the utter lack of anything remotely approaching excitement as you ride the bus to wherever you're going.

A bus in Baghdad was just sprayed with machine gun bullets. One of them hit your seat.

By all means, take careful aim and keep your eye on the target.

But remember also to live between the barrel and the bull's eye.

## Mandatory passports causing a lot of frustration

By CHRISTOPHER MILLS

Canadian citizens looking to fly south of the border without a valid passport will now find themselves out of luck.

As of Jan. 23, the American government is requiring all Canadian citizens to have a valid passport to fly into the United States. The legislation was introduced several years ago, which allowed Canadians to prepare themselves for the change.

Despite the notice, many Canadians waited until the last minute to get their documents. According to the Passport Canada website ([www.ppt.gc.ca](http://www.ppt.gc.ca)), the number of applications for passports by Canadian citizens has risen by more than 30 per cent each month since November 2006. This has caused increased wait times when dropping off applications at Passport Canada offices, delays in the delivery of passports and a great deal of frustration for travellers.

Fabien Lengelle, the spokesperson for Passport Canada, said wait times that are normally two to three weeks are now anywhere from three to six weeks.

"If you show up in person, the wait is 10 business days, plus up to 25 (business) days of delay," he said. "If you send your application by mail, it's 20 business days,

plus up to 25 (business) days of delays."

Cambridge resident Ava Kalmar, who will be travelling to both Florida and London, England in the coming months, recently waited three hours and 15 minutes to drop off her passport application.

"First off, it's crap that we're being forced to pay \$87 for a passport just to drive or fly into the (United) States," she said. "Because of this, everyone is going at the same time causing lines and hours of waiting."

Lengelle said the wait times are not just due to legislation changes in the U.S.

"Every winter is high season ... due to March break and winter vacation packages down south, to the Caribbean and so on," he said. "On top of that, we have new American regulations that kicked in Jan. 23. Add the two factors and you get a record season."

Lengelle said there are some cities where the wait is a couple of hours, but that is relatively good compared to other cities where the wait is much longer.

Ontario has 50 passport offices, the most of any province. Alberta has only four, just one more than Prince Edward Island. As a result, some Alberta residents are forced to drive several hours to the closest office, and then face a

wait of up to eight hours once they arrive.

Staff members are working overtime, and Lengelle said new staff have been added at passport offices across the country to help deal with the volume. There are currently 2,000 Passport Canada employees, 200 of whom were added for the record season.

Kalmar said the government still needs to make big changes to keep up with the demands or they will have a lot of angry people on their hands.

"It's not very organized," she said. "They are picky as hell. A lot of people had to get out of line because their birth certificates had a rip or tear. Some of them were turned down because (their birth certificates) were laminated or wrinkled, so they have to pay for a new birth certificate just to get a passport."

Lengelle said Passport Canada has already begun preparations for the next phase of passport legislation. The Americans will require passports from Canadians driving across the border beginning in January 2009, although Lengelle said it could come sooner than anticipated.

"We're very keenly preparing for that eventuality," he said. "But for the record, the Americans could require a passport for land and sea crossing as early as 2008."



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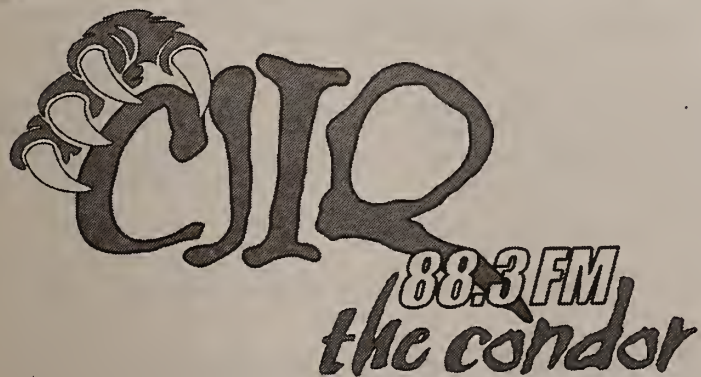
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## Common virus often mistaken for common cold

By JENN SPRACH

Ninety per cent of Canadians have had respiratory syncytial virus (RSV) by the age of two, says a chief of pediatrics.

"RSV is a viral infection and inflammation of the small airways in the lungs of infants," said Dr. Ivor Margolis, of William Olser Health Centre in Brampton.

Although a lot of people get RSV it usually only causes problems in infants, especially those born at 32 weeks (7.5 months) or less, and babies under three months who have breathing problems.

In Canada, the virus is active from November until April.

It is transmitted by saliva droplets that are sneezed or coughed into the air, and it can remain on surface areas such as toys for hours.

RSV is often mistaken for a common cold because the symptoms are similar, including a runny nose, cough, fever, rapid or poor breathing and feeding problems, Margolis said.

In babies, the virus makes it easier for them to catch pneumonia which can result in the need for oxygen.

It can be diagnosed by your physician through a physical exam and a viral culture test.

In serious cases, treatment includes oxygen support, intravenous fluids and possibly hos-

pital observation.

"People have died, however, those were extreme cases," said Margolis, adding, "Less than one per cent has died from RSV."

When left untreated, long-term effects can include asthma.

There is no vaccine available because, like influenza, the strain changes each year, he said.

"But, there is an immunization that gives antibodies to help prevent someone from acquiring RSV."

**RSV is often mistaken for a common cold because the symptoms are similar.**

The best treatment is prevention, he said. "The most important method is regular hand washing with soap and water."

Avoiding crowded places, others with colds and second-hand smoke can also help you from contracting the virus.

"Awareness is crucial," Margolis said, adding, "If people were more aware there would be less nervousness surrounding the topic."

For more information on respiratory syncytial virus visit the Canadian Pediatric Society website, [www.caringforkids.ca](http://www.caringforkids.ca), or [rsvshield.ca](http://rsvshield.ca)

## Show your creativity

By HOLLY FEATHERSTONE

Beyond the vast aisles of scrapbook paraphernalia, rubber stamp miscellany and plethora of picture frames and artificial ficus, a portal for creative energy is situated for those in need of an escape from their regimented lifestyle.

The classroom at Michaels arts and crafts store, 50 Westmount Rd. N., Waterloo, is where students can learn the fundamentals of various art and craft skills while retreating from their studies.

"If you are doing a lot of studying ... sometimes it's nice to do something different; something that involves your hands," said Kelly Gibbons-Wemyss, events co-ordinator at Michaels.

The store offers an array of classes from cake decorating and scrapbooking to fabric painting, jewelry-making and knitting, all of which are generally held in the evenings during the week and cost from as little as \$5 to \$25 a class.

Gibbons-Wemyss said they try to accommodate different age groups by providing an abundance of classes.

Though the majority of Michaels students are either children or adults in their 30s and 40s, Gibbons-Wemyss said college students have attended scrapbooking and knitting classes.

"Learning to knit or crochet is very popular now," she said. "(It's) easy to do, quick to learn, but it's a creative outlet that doesn't involve the same kind of thought process you often have to use if you're in school."

The Michaels learn to knit or crochet class, to be held Feb. 18, will teach students the basic stitching techniques for either knitting or

crochet and costs \$20 for two hours. Later in the spring, Michaels will be offering additional knitting classes that teach pattern-reading and advanced stitches built upon this month's beginner class.

In addition, Gibbons-Wemyss said scrapbooking classes are also very popular.

"In the introduction to scrapbooking class, our teacher Theresa takes students into the scrapbooking aisles and shows them the different products," she said. "This can be very helpful because people often tend to buy things they later find out they don't need."

Students, in addition to being made aware of the different scrapbooking products, are assisted in organizing pages using photos they bring with them to class.

The introduction to scrapbooking class will be held both Feb. 14 and 26 and costs \$10, or, Crop Night, in which participants bring their scrapbooks and work on them using classroom tools, will be held a couple of nights this month for \$5.

For beading enthusiasts, Michaels offers numerous jewelry classes which teach students how to use jewelry-making tools and various fasteners which students can apply in creating their own pieces.

"Beading appeals to many age groups," said Gibbons-Wemyss.

Fun with Beads, a free event being held Feb. 11 and 17, allows visitors to observe and participate in small take-home jewelry projects.

Tiffany Looyenga, a 24-year-old student at Emmanuel Bible College in Kitchener and teacher of jewelry and kids' craft classes at Michaels, said she has had college students

attend her beading classes.

"I have had some who came in who were college students and it was more because they wanted some jewelry to wear out to parties or as presents for friends," she said.

Looyenga said though homework and socializing are important facets of college life, partaking in something creative helps foster or even broaden personal ingenuity.

"It's nice to have a different outlet than schoolwork or going out with friends," she said.

Gibbons-Wemyss said Michaels holds classes at various times to accommodate students with odd schedules.

"Younger people often can't commit to a course that covers a couple of weeks because they go to school, they have a job and sometimes they still live at home and have family commitments," she said.

Though college students have irregular and often busy agendas, Gibbons-Wemyss encourages participation from a learning perspective.

"Most (students) do feel that they've learned things," she said. "The teachers do it for the love of it because they want to pass on their knowledge and the students definitely pick up on that."

A class preview and sign-up day will be held Feb. 10, allowing enthusiasts to meet the teachers, watch demonstrations and receive registration savings coupons.

"The whole point is to have fun," said Gibbons-Wemyss. "Classes aren't supposed to be taken so seriously, (but) they can get you started in a whole new direction and enrich your life."

For further information, call 519-746-8412 (Waterloo) or 519-740-1100 (Cambridge).

## Now Recruiting: Orientation Leaders!



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(OL Feedback, 2006)

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**Applications due by 4:30 pm Thursday February 8th in the Student Life Office**

StudentLife



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### ELECTION NOTICE AND CALL FOR NOMINATIONS

ONE PERSON IS TO BE ELECTED AS A MEMBER OF THE CONESTOGA COLLEGE INSTITUTE OF TECHNOLOGY AND ADVANCED LEARNING BOARD OF GOVERNORS FROM EACH OF THE FOLLOWING TWO CATEGORIES.

Eligibility is as follows:

#### STUDENT MEMBER

Open to all full-time and part-time students enrolled in a program of instruction (a group of related courses leading to a diploma, certificate, or other document awarded by the Board of Governors)

**TERM OF OFFICE: SEPTEMBER 1, 2006 - AUGUST 31, 2007.**

#### ADMINISTRATIVE MEMBER

All persons employed by the Board of Governors, Conestoga College, on a full-time or part-time basis, who are neither an Academic nor a Support Staff Member

**TERM OF OFFICE: SEPTEMBER 1, 2006 TO AUGUST 31, 2009.**

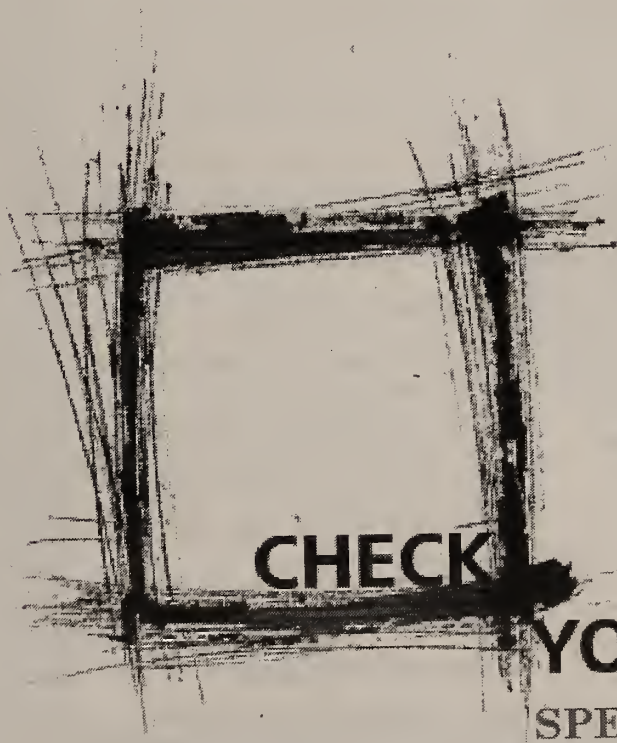
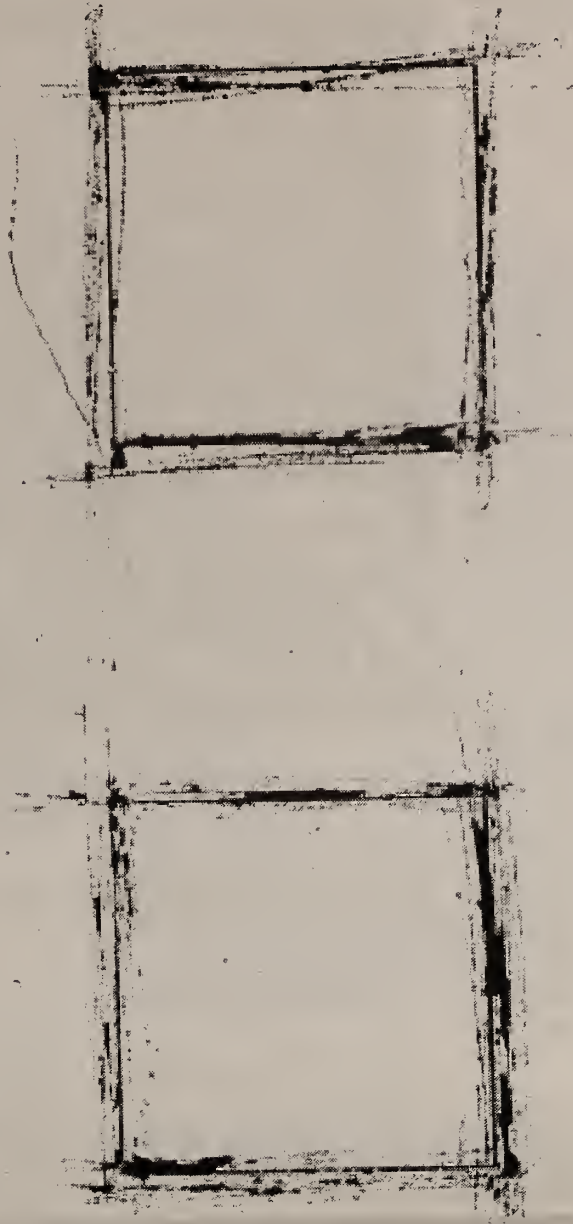
The terms of reference for these elected internal members are the same as those for externally appointed members of the Board of Governors. Nomination forms will be posted on **February 17, 2006**. Nomination forms will also be available in the office of the Secretary-Treasurer of the Board (Kevin Mullan)

**Closing date for nominations: MARCH 9, 2006**

Lists of nominees to be posted on campus bulletin boards on **March 17, 2006**

**ELECTION DATE: WEDNESDAY, APRIL 5, 2006**



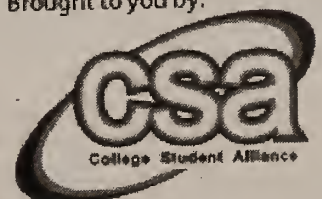


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# Are Idol judges big bullies?

Sticks and stones can break your bones and apparently names can still hurt you, judging from all of the negative press the hit show, American Idol, is receiving lately.

For those living under a rock, American Idol is the most popular and highly publicized TV singing competition which tries to find America's best undiscovered music talent.

The notorious judges Simon Cowell, an English celebrity, Paula Abdul, a musician and performer, and Randy Jackson, a record producer, travel across the United States to view all the talent the country has to offer.

In the past, the three judges, especially Cowell, have been accused of being harsh and overly judgmental when commenting on a participant's talent or lack thereof.

As usual season six started with millions of viewers tuning in to see what kind of characters the numerous auditions of thousands upon thousands of people were going to draw this season and what the terrible threesome would say.

This season hasn't been any different - with the good comes the bad and with the bad comes the very bad.

This in turn brings the expected ridicule, except this year the press has criticized the judges for going overboard.

In some instances, Cowell has even been referred to as the poster child for bullies.

I, for one, just don't understand what the big deal is, especially when people who are totally oblivious to the lack of talent they possess decide to put themselves out there in front of the whole world.



Eric  
Murphy

Opinion

Honestly, do these dreamers not have any friends? True friends would delicately tell them that they suck.

Now, I have no musical talent whatsoever, however, the fact that I realize I don't have any is what might save me from making a fool of myself.

What do people expect from the judges. It's Hollywood and the most important thing in Hollywood is ratings which translate into money.

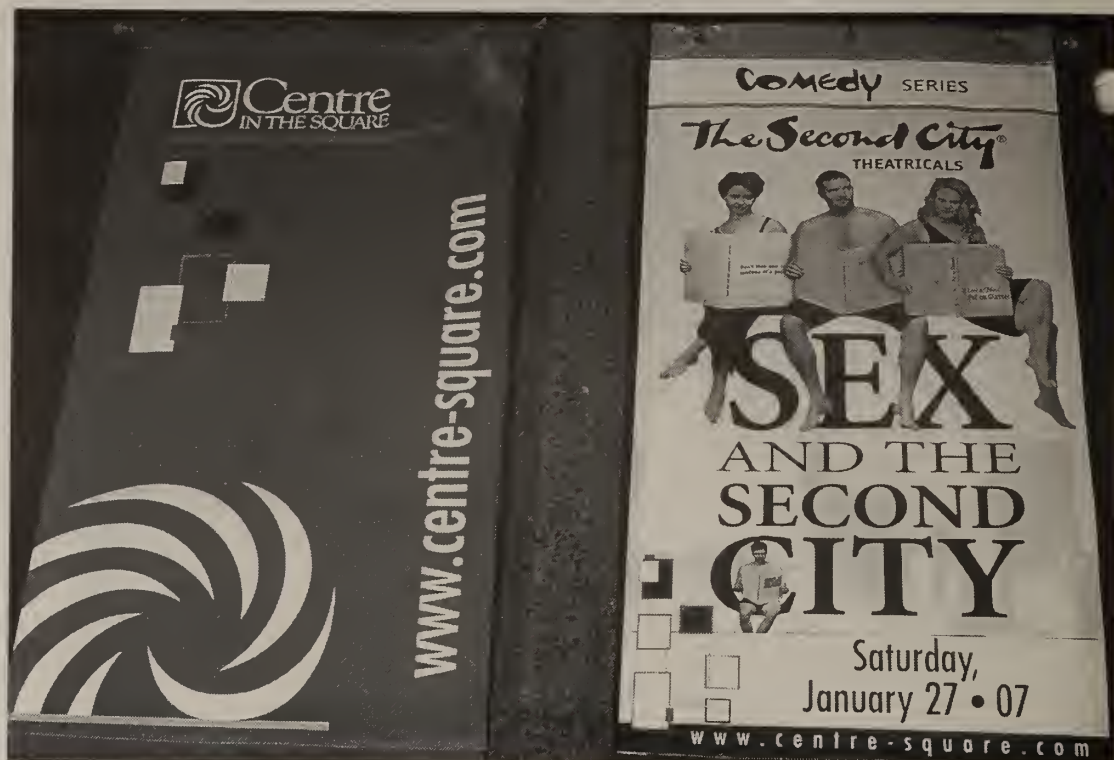
People and the press have made such a big deal of what the judges have to say that the weekly comments made by Cowell have become the focus of Idol viewers rather than the contest itself.

I'm sorry but contestants who can't sing and dress up in ridiculous outfits for the attention deserve to be ridiculed, it is the nature of the game.

Movie stars and celebrities face daily verbal floggings, enraged fans and endless torment so why do people seeking celebrity status feel they should be exempt.

This is television so stop roasting the judges for doing their jobs and perhaps spend the time outside auditions trying to stop no-talent hacks from making fools of themselves.

Sure, I believe in dreams and fairy tales coming true but if the talent isn't there then it isn't there.



(Photo by Stephanie Irvine)

The Second City comedy troupe was at Kitchener's Centre in the Square on Jan. 27. Their production of Sex and the Second City was a huge hit with audience members. Check them out at [www.secondcity.com](http://www.secondcity.com).

## Kitchener is a very sexy city

By STEPHANIE IRVINE

The Second City comedy troupe is known for their side-splitting antics, and their recent performance at the Centre in the Square was no exception.

Sex and the Second City was a brilliant combination of scripted comedy and improv.

It told the story of Denise and Richard, who were getting a divorce but not really; their sex-crazed lawyers Samantha and Mark, who met online and ended up getting married; and their Prozac-popping shrink - enough said.

This hilarious comedy/musical kept the entire audience laughing - and guessing - from the first piano-accompanied over-the-top song and dance number to the very last.

We watched as Denise and Richard (on their psychiatrist's advice) went out on numerous catastrophic first (and blind) dates - some even with audience members!

Richard's foray into the dating world included a rather memorable dating show (Question: "Bachelor number three, if you were fruit, what kind of fruit would you be?" Answer: "I don't really care, as

long as somebody EATS ME!").

We followed the growing relationship between "habeas corpus hottie" and "well-hung jury" as they flirted online and eventually met in person.

And by the way, hearing someone say "LOL semicolon right parenthesis" in a sexy voice was probably one of the funniest things I've ever seen in my life.

The entire show was cleverly done as scenes were performed both from a man's perspective as well as from a woman's - as I'm sure you can imagine this led to some rather interesting (and not-so G-rated) conversations amongst the characters.

What made the whole show so impressive was the fact the entire cast consisted of only four people (plus the fantastic pianist, and some less-than-impressed-to-be-onstage audience members).

It was a show full of dinner dates at Huggies, Rumpelstiltskins (a drink apparently made with vodka and Midol) and plenty of stomach-hurting, tear-causing laughter.

If the Second City crew ever grace the stage at Centre in the Square again, I highly recommend everyone check out the show. I know I'll be there.

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- ★ To present your skills and qualifications in person

### Preparation

- ★ Visit [www.partners4employment.ca](http://www.partners4employment.ca) for a list of participating organizations
- ★ Pick up an **Employer Guidebook** in Room 220, Student Client Services Building or at the Main Office of the Guelph Campus in advance of Job Fair (available at RIM Park on the day of the Fair as well)
- ★ **Research** employers attending the Fair and **target** those of interest to you
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- ★ Prepare **questions** to ask employers

### Presentation

- ★ Dress and conduct yourself **professionally**
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- ★ Be **focussed** and ask relevant questions

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For more information, contact Co-op and Career Services in SCSB Room 220, Doon Campus, Tao Cruikshank, [tcruikshank@conestogac.on.ca](mailto:tcruikshank@conestogac.on.ca) or 519-748-5220, ext. 3340.



To Job Fair	From Job Fair
9:30	12:00
10:30	1:00
11:30	2:00
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(Internet photo)

Dierks Bentley rocked London on Jan. 22. Bentley is touring to promote his latest album *Long Trip Alone*. Doc Walker opened for Bentley.

## Bentley 'doing' fine

By PEGGY O'NEILL

Long, curly, blond hair are four words that pretty much sum up country recording artist Dierks Bentley. However, in addition to his stunning good looks he is also known for his moving and energetic music.

Bentley first made it big in 2003 with his breakthrough single *How am I Doing?*

And just this past week he rocked the house in both London and Hamilton.

I was fortunate to get tickets to his London performance on Jan. 22 at the John Labatt Centre.

I can honestly say that since Ticketmaster confirmed my order for the London concert, I counted down the days.

I hadn't travelled to London before so being in the city felt slightly intimidating at first, but once I stepped inside John Labatt, I felt right at home with all the other Dierks fans in their cowboy hats, boots and belt buckles.

I may have even felt a little bit out of place if I hadn't worn my old beige cowgirl hat.

Doc Walker was the opening act for Bentley, and was a great choice because he had just about all the fans out of their seats and singing along.

When Bentley finally did come on, he opened with his newest single, *Every Mile a Memory*.

The instant he stepped on the stage the crowd was roaring. One thing that did catch me a little off guard was his hair.

It was no longer long and curly, which I felt was one of his best trademarks.

However, I forgot all about that as soon as he started singing.

He performed for almost two hours without a pause. He sang all of his good oldies, as well as some new ones I hadn't heard off of his

new album, *Long Trip Alone*.

Bentley even selected a fan from the front row and sang an entire song to her.

I'm sure every other woman in the room was jealous, including me.

By the time the final encore was over and Bentley walked off stage, I was sad to see him go, but the concert was the best I've been to and one of my most memorable nights.

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# Fiddlers closes its doors

*Now Cambridge residents will have to travel out of town to dance the night away as popular pub shuts down*

By NATALIE ANDERSON

With Fiddlers Green Irish Pub now closed, there may be a void in Cambridge nightlife.

Owner Nash Cohen closed the doors Feb. 3 after the pub's final concert.

Cohen told the Cambridge Times that he could not disclose any details about the sale or what the building will be used for, but he did say it will not be a nightclub.

Fiddlers, located in downtown Cambridge, offered live entertainment on the first floor.

The third floor, named Emily's Attic, after the ghost who supposedly haunts the building, featured a DJ spinning the latest club hits.

So how will the closure affect the city?

Fiddlers' DJ, Kenrick Dookie, said Cambridge barely has a nightlife to begin with.

"There are definitely places to get a drink if you want to sit down in a restaurant atmosphere, like Boston Pizza or Eastside Mario's," said Dookie. "But for anyone who wants to listen to a live DJ and dance will have to wait until the summer for the Sky Bar at Velvet Lounge to open or find a D.D. (designated driver) to go out of town."

"We have to support our local entrepreneurs otherwise we're going to have to wait for McDonald's to install a dance floor."

*Kenrick Dookie,  
Fiddlers' DJ*

Dookie, who has been working at Fiddlers for about two years, said there are still two restaurants in

Cambridge that have a live DJ and a dance floor, but the capacity of those buildings don't compare to Fiddlers'.

Dookie said the closure is a disappointment to the bar's regular customers.

"Since I started to DJ on Friday nights, I feel like I became part of a ritual," said Dookie. "A large majority of the people who are there are there every Friday and don't miss a night."

"Fiddlers has been the local dance club in Cambridge for many years," he said.

"I've talked to people in their 40s who can remember going to what then was called The Time Club," said Dookie.

"These are local people in Cambridge who don't want to drive out of town, people who live in walking distance, or that are willing to shell out \$10 to \$15 on a cab ride."

For other Cambridge residents, the 20- to 30-minute drive to Kitchener or Waterloo clubs is nothing new.

With Fiddlers closed, however, Cambridge may see more people travelling to out-of-town bars.

Dookie says he thinks Cambridge would be more competitive with Kitchener and Waterloo if the city showed more support toward small businesses, instead of bringing in chains of restaurants and stores.

"Look at a city like Waterloo," he said. "Everywhere you turn there are independent restaurants, shops and small businesses that are owned and operated by locals."

It is very rare that someone from Waterloo comes to Cambridge for anything, he said. Yet Cambridge residents eat at their restaurants, drink at their bars and shop in their stores.

"We definitely have the population and the demand for all of these services in Cambridge," said Dookie, "but we have to support our local entrepreneurs otherwise we're going to have to wait for McDonald's to install a dance floor."

Cambridge resident, Jonnie Garcia, said he went to Fiddlers several times.

"It's not the same as Kitchener-Waterloo bars," said Garcia, "but it was a fall back plan and a cheap cab ride away."

Garcia said he is disappointed that the building won't re-open as a nightclub.

"Now all we have is the Sky Bar," he said, "and that's only open in the summer. It's definitely going to mean leaving Cambridge to go to the bar."



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## HOROSCOPE

Week of February 5, 2007



### Aries

March 21 -  
April 19

You are open to change and accepting of new ideas. In fact, you rarely become attached to anything assuming it's not permanent. Hold on to the people and things you are certain of as changes are quickly approaching.



### Libra

September 23 -  
October 22

You are good at making friends and are a good friend to have. You know what to say to make others feel important and when not to say anything to let them know you are listening. Don't change, everyone needs a good friend.



### Taurus

April 20 - May 20

The opposite to the ram in matters of change, you try your hardest to avoid it. You enjoy permanency and fear that changes always inevitably mean loss. Don't stay stuck in this mindset, change isn't always bad.



### Scorpio

October 23 -  
November 21

Your intensity and unwillingness to yield can be threatening. You aren't one to throw ideas away because someone doesn't like them. Don't take offence if people are intimidated; remember how forceful you can be.



### Gemini

May 21 - June 21

"Curiosity killed the cat." In your case it won't kill but it could lead you into some trouble if you're not careful of how you please your curious tendencies. Knowledge is good but wonder can sometimes be the safer bet.



### Sagittarius

November 22 -  
December 21

You rarely take the easy route always enjoying the challenge and reward of conquest. Don't let yourself get too caught up with feeling that you need to prove something, easy doesn't equal weakness.



### Cancer

June 22 - July 22

Much like a pond, what people see is a calm you; what they don't know is that under your surface waters are colliding creating an undertow of built-up emotion. Avoiding what you don't want to face is no way to solve problems.



### Capricorn

December 22 -  
January 19

You fight with your words instead of your fists. You can degrade and demean in a single sentence if you've a mind to. Watch what you say, sticks and stones may break bones but words can and will hurt.



### Leo

July 23 - August  
22

"All hail Leo," at least that's what you'd like to hear. You enjoy attention and crave affection; sparing only glances for others. The world does not revolve around you as much as you'd love that, other people and other issues need your focus.



### Aquarius

January 20 -  
February 18

When things don't go the way you plan you never panic. With your original ideas and initiative attitude you always have a back-up plan even if it's off-the-cuff. Don't lose your talent for on-the-spotters; they'll always come in handy.



### Virgo

August 23 -  
September 22

You know what is and what isn't and you almost never confuse the two. You don't believe in living in a world of make-believe and feel that being practical is the only way to go. Don't fool yourself with false modesty; sometimes pretend is better than real.



### Pisces

February 19 -  
March 20

Change isn't always your favourite thing but you don't shy away when it comes. Your adaptable nature and acceptance of change will help you through upcoming situations, good or bad, where your ability to adapt will pay off.



Tiffany McCormick is a third-year journalism student holding fate in the palm of her hand.

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# Fitness goes high-tech

By SAMANTHA SAECHAO

Imagine the future of fitness, with all the latest technology literally right at your fingertips.

That is what Columbia Lake Health Club in Waterloo has to offer.

The fitness club opened just a few weeks ago, on Jan. 12.

Its target market is those 25 years of age and older, but it is just as appealing to the younger demographic.

Memberships cost \$30 biweekly.

Columbia Lake Health Club is located within TechTown, a large area with many corporate businesses, in the University of Waterloo's Research and Technology Park. It is a giant 60,000-square-foot glass building that blends in with the other technological buildings.

When finished, it will be divided into many different departments that are all accessible to members of the fitness club, with a day-care service starting in February and a café, a dentistry and a full-service financial institution all opening in April.

The building will also house a chiropractor, physiotherapist and family doctors.

"This is where it's headed," said Igo Witt, the club manager.

He said the benefit of having a fitness club like this, is that it's a lot more client-oriented, it's more interactive and it revolves more around what clients need.

The 88 Technogym cardio treadmills are computerized with touch screens. Each has an entertainment system fully integrated into the product design that lets you watch TV and listen to the radio while training. On the strength machines, they come equipped with a sensor to tell and show you

how to really work out so you're not straining your muscles before you start.

Conan Devy, 20, membership consultant said, "What makes this place so interesting is each fitness studio has its own heating and ventilation system that brings in fresh oxygen every 15 minutes."

He said this helps with all the different classes, giving them clean air at all times, making it refreshing and a better environment.

The newest technology in fitness also from Technogym, Devy said, is called Kinesis, which is a free-motion training system.

"You can choose different activities to do such as mimicking golfing, except it's done with weights in place so you can practice the swing and still work your muscles."

This new system is made of four panels with unique cables, grips and weight stacks that allow movements to be easy, natural and without restrictions. It allows the user to move three dimensionally to perform more than 500 movements based on natural, free flowing motions.

Kinesis increases muscular strength and endurance and it helps to improve your balance, stability and flexibility.

For women, in the near future, they will be able to get manicures and pedicures done right in the lounge of their locker rooms.

"Women have it good here," said Devy. "There's even a women's only fitness right through a set of corridors through the women's locker room."

"When this place becomes successful, hopefully there will be more like it across Canada," said Witt.

For more information call 519-746-7416 or visit [columbialakehealthclub.com](http://columbialakehealthclub.com).



(Photo by Samantha Saechao)

Conan Devy, 20, an employee at the Columbia Lake Health Club, tries out one of the state-of-the-art fitness machines.

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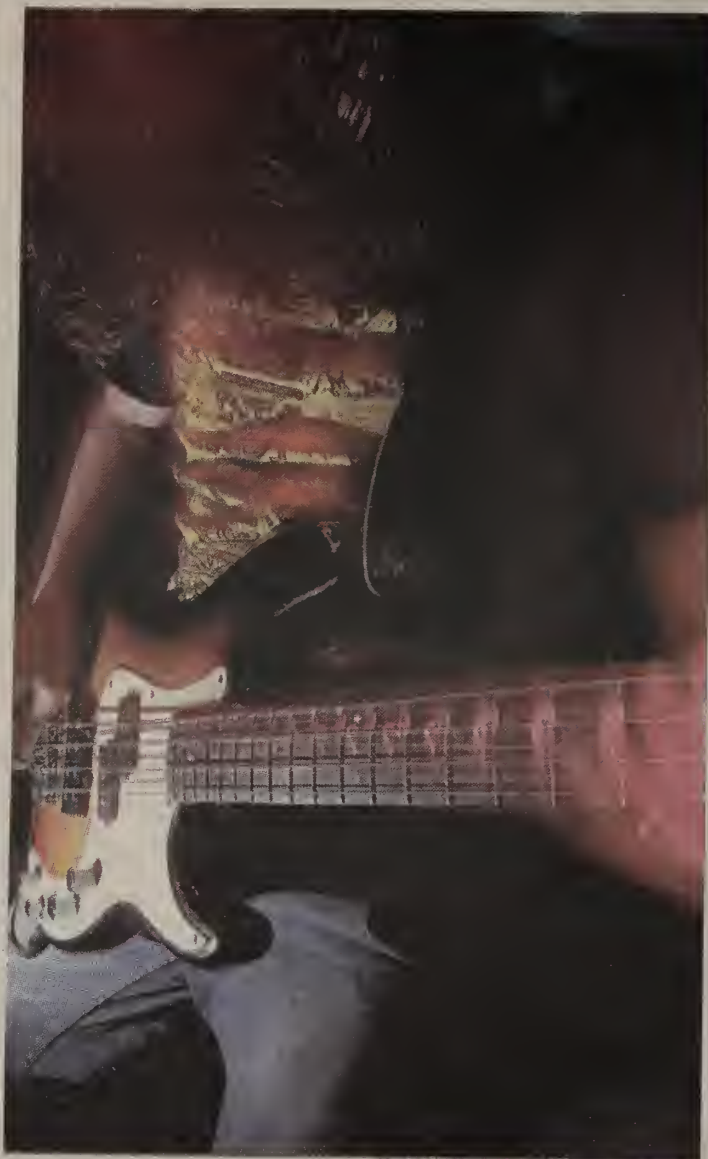
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(Internet photo)

Columbia Lake Health Club is a limited membership health and fitness club located in central Waterloo. Columbia Lake offers a full range of fitness services that help you develop, maintain and protect an active lifestyle.





(Photos by Aaron Schwab)

### Live music shows return to Phil's

Kitchener-Waterloo's What's He Building in There? and Guelph's Farewell to Freeway performed at Phil's in Waterloo on Jan. 25. The two bands were part of the first live music show to be held at the King Street bar in nearly two years.

Left: Bassist Adam Lambert from Farewell to Freeway.

Top: Bassist Hal Jaques from What's He Building in There? The light trails in the photo were captured by using a slow shutter speed and a rear curtain.

## New varsity teams unlikely at college anytime soon

By ADAM BLACK

Students hoping for new varsity teams at Conestoga might be waiting awhile for the programs to be introduced. Too many variables in the equation are making the process to introduce new teams at the school too difficult.

Variables such as how many students will benefit from the new program introduced and would other varsity teams need to be cut in order to compensate for the expense of the new sport. The largest issue, however, would be scheduling practice time at the gym.

"If we were to add varsity programs such as basketball or volleyball, they require lots of practice time and the gym is packed pretty much from 7 a.m. until midnight Monday to Friday," said Marlene Ford, the athletic co-ordinator at Conestoga College.

"We would have to look at where to fit these practices and what we would have to cut out of the gym. It would really change the focus of the rec centre if we added more teams."

Ford also says the recreation centre is expected to create revenue, which means renting out the gym to community leagues on evenings and weekends. To allow

new varsity programs, then it's likely some intramural programs would be lost.

Paul Osborne, director of athletics and recreation, said another problem is the booking of the gym during the day for classes.

"The firefighting and paramedics programs use the gym all the time for classes," said Osborne.

"Three or four years ago there were no bookings at the rec centre. Now, it's being used all the time."

"It would really change the focus of the rec centre if we added more teams."

*Marlene Ford,  
athletic co-ordinator*

One solution to the issue of space would be to expand the rec centre. However, Osborne said that's not likely to happen anytime soon.

"In a perfect world maybe that would happen," said Osborne.

"But we have to be realistic, money doesn't grow on trees. There are other expansions, like the new campus in Cambridge, which would make it difficult."



(Photos by Meghan Kreller)

### Battle of the sexes

The all-female Ball Knockers took on the all-male Ram Rod in a half-hour intramural dodge ball session on Jan. 25. Although Ram Rod won most of the games in the half-hour period, the Ball Knockers, suited with team jerseys, put up quite a fight.

Above right: Three Ball Knockers, front to back, Kelly Donovan, first-year OTA/PTA, Rachel Haney, first-year accounting, and Marcie McClure, first-year OTA/PTA, keep their eyes on Ram Rod's Max Mancuso, a first-year mechanical engineering student, as a game begins.

Top left: Erin Martin, a first-year graphic design student, winds up along with teammates Ashley Clubb, first-year respiratory therapy, and Laura Martens, first-year OTA/PTA.

Bottom left: Kelly Donovan, first-year OTA/PTA, rifles a ball at the opposition.